

AN AYURVEDIC APPROACH OF ATTENTION DEFICIT HYPERACTIVITY DISORDER
IN CHILDREN – A BRIEF REVIEWVd. Vishal S. Ture^{*1}, Vd. Deokumar W. Raut²¹PG Scholar, Department of Kaumarbhritya, Govt. Ayurved College, Vazirabad, Nanded (Maharashtra), India.²Assistant Professor, Department of Kaumarbhritya, Govt. Ayurved College, Vazirabad, Nanded (Maharashtra), India.***Corresponding Author: Vd. Vishal S. Ture**

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ABSTRACT

Attention deficit hyperactivity disorder (ADHD) is common psychiatric disorder in children, characterized by three core group of age- inappropriate symptoms: 1) hyperactivity 2) impulsivity 3) inattentiveness: leading to secondary problems, e.g. poor scholastic performance, conduct disorder, emotional and social maladjustment, etc. In *Ayurvedic* approach it can be classified under *Unmad*. *Unmad* is one type of *mansik vyadhi* which is most common form of mental disorder. Pathogenesis occurs due to *Manovahastrotas dushti* in which *vataparakopa* and *Alpsatwa* takes place, *sthansamshraya* at *Hruday (bhudinivas)*. In modern science except presynaptic dopaminergic agonists, there is no treatment for this disease but according to Ayurveda, Panchkarma (like *Abayang*, *Shirodhara* etc), Nootropic herbs (like *Ashwagandha*, *Vacha*, *Jatamansi* etc) and *Satva Avjayachikista* are the important therapy in this disease. The article reviews an *Ayurvedic* approach of Attention Deficit Hyperactivity Disorder in children.

KEYWORDS: ADHD, *Unmad*, *Manovahastrotas dushti*, *Panchkarma*, *Satva Avjayachikitsa*.**INTRODUCTION**

Attention deficit hyperactivity disorder (ADHD) is common psychiatric disorder in children, characterized by three core group of age- inappropriate symptoms: 1) hyperactivity 2) impulsivity 3) inattentiveness: leading to secondary problems, e.g. poor scholastic performance, conduct disorder, emotional and social maladjustment, etc.^[1] In *Ayurvedic* approach it can be classified under *Unmad*. *Unmad* is one type of *mansik vyadhi* which is most common form of mental disorder. Pathogenesis occurs due to *Manovahastrotas dushti* in which *vataparakopa* and *Alpsatwa* takes place, *sthansamshraya* at *Hruday (bhudinivas)*. In modern science except presynaptic dopaminergic agonists, there is no treatment for this disease but according to Ayurveda, Panchkarma (like *Abayang*, *Shirodhara* etc), Nootropic herbs (like *Ashwagandha*, *Vacha*, *Jatamansi* etc) and *Satva Avjayachikista* are the important therapy in this disease.

AIMS & OBJECTIVES

- 1) To find the probable causes of ADHD & its preventive management by *ayurvedic* principles.

MATERIALS AND METHOD

The data and materials are collected from textbooks of paediatrics, *Ayurvedic samhitas*, references from different journals, different person practicing in different states, search results of different websites.

Clinical Manifestations

Most ADHD children have abnormal behaviour traits in earlier life e.g. excessive crying and disturbed sleep in infancy or even unusual intrauterine activity. Many of them achieve gross motor milestones at an earlier age.

Characteristic core-group manifestations of ADHD are as follow, though all children do not have all components:^[2]

- a) **Inattentiveness**, though commonest manifestation is often overlooked in preschool years and rarely noticed before school age. These children have difficulty in controlling their activity in situations that call for sitting still. E.g. classrooms or dinner tables. They can only engage themselves in brief activities and change activities frequently.
- b) **Hyperactivity**, the commonest cause of parental concern is usually noticed in preschool years as excessive movements, restlessness, fidgety and shortened attention span.
- c) **Impulsivity** is closely associated with hyperactivity and often manifests as a dislike for waiting for his/her turn. They interrupt others in their conversations and some of their actions may be extremely erratic or dangerous. Some ADHD children are extremely sensitive to sensory stimuli like light, sound and touch.
- d) **Co-morbidity**: Apart from core group manifestations ~ 30-50% of these children have co-

existing, learning and language disorders. Further, most of them develop secondary behavioral problems with advancing age.

Diagnosis

Considering the complex nature of disease, a multi-disciplinary assessment is necessary in all cases of ADHD including^[3]

- Detailed perinatal and developmental history.
- Psychometric testing as well as other standardised rating scales- to be completed by parents and child's school.
- Through physical examination and developmental assessment.
- Evaluation for above mentioned diagnostic criteria.
- Evaluation of co-morbidity or secondary behavioural problems.
- Psychosocial evaluation of the family and school environment.
- Laboratory investigations are indicated only to exclude other causes of hyperactivity / inattention.

Ayurvedic approach

All the psychiatric diseases in *Ayurveda* have been described under *Manoviyadhi*.

“*unmadam punah mano budhi sadnya dhyam smriti mati bhakti shil cheshta acharvibhram vidhyat*” Its the one bline unique identity of *unmada*.^[4] Due to etiology of vitiation *dhee*, *dhriti* and *smriti* that causes imbalance of *kala* and *karma* which results into improper contact of the sense with their objectives (*Asatmendriyarthasamyoga*) and give rise to inattention, hyperactivity, and impulsivity. There is no any satisfactory treatment in modern science bt in *Ayurveda* lots of description about its etiopathogenesis and treatment is available right from the *vedic* and *samhita* period.

Treatment

Treatment of ADHD in *Ayurveda* involves correction or balancing of *sadhak pitta*, *pran vayu*, *tarpaka kapha*, the *dosha* present in the brain.

a) Nootropic herbs^[5]

Ashwagandha, *Vacha*, *Jatamansi*, *Brahmi*, *Shanka pushpi* these herbs have action on psycho-neurological deficit. These may act as a mild stimulant and sedative also as per mood state needs to be balanced.

b) Panchakarma

Abhayang: *Abhayang* is the process of application of medicated oil or *sneha dravya* over the body with massage. It is useful in promoting strength, nourishment, energy to deficient part and particular required area of the body.

Some medicated oil like *Mahanarayana*, *Bala* provides stimulation to the nervous system improves the sensory motor integration.

Shirodhara: In *Shirodhara* medicated oil or liquid is continuously poured over the forehead and then allowed to flow over the scalp from specific height for certain period of time. Constant flow of liquid used in *shirodhara* act as relax the mind, calms and tranquilizer the patients.

The use of *Mahanarayana* and *Bala tail* are more effective in treating patients of ADHD by lipophilic and hydrophilic active principles of *vatavyadhinashaka* (*vata* normalizing) drugs, which may modulate the secretions of various neurotransmitters and hormones in brain.

c) Behavioral therapy (*SatvaAvajayachikista*)^[6]

- A sound mind dwells in the sound body. So the indulgence of the senses (*Indriyas*) from their respective performance (bad habits) should be curtailed.^[7]
- Medications or Yoga.
- It is assisted with daily diet regulation and making sleep time table of an affected child.
- Daily work should be listed and overcoming problems should be handled one by one and slowly.
- The previous studies have been shown the nootropic effect of some herbal medications which play a major role in treating as well as prevention of ADHD.

CONCLUSION

In Ayurvedic samhita Psychiatric disorder is well explained. The knowledge in Ayurvedic Samhita will helps in diagnosis and management Of ADHD patients. In Ayurveda it may correlated to unmad disease which is *vatika vikara*. So, line of treatment according to *Vatika* disorders such as neuro-protective medications along with *Panchakarma* therapies have definatly effective.

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